

What is claimed is:

- 1 1. A biofeedback system in a computer network for treating stress in a user of the  
2 computer network comprising:  
3 a computer coupled to the computer network for executing a program to generate  
4 a schedule of stress reduction exercises personalized to the user and to be performed  
5 by the user, the computer receiving biofeedback input from the user; and  
6 at least one sensor to sense body stress signals from the user to provide the  
7 biofeedback input to the computer, the body stress signals being communicated to the  
8 computer.
- 1 2. The system of claim 1 wherein the program monitors compliance by the user with  
2 the schedule of stress reduction exercises.
- 1 3. The system of claim 2 wherein the schedule of stress reduction exercises is  
2 modified according to the compliance of the user with the schedule.
- 1 4. The system of claim 1 wherein the schedule of stress reduction exercises is  
2 modified according to the performance of the user in the stress reduction exercises.

- 1 5. The system of claim 1 wherein the schedule of stress reduction exercises is  
2 modified according to situational events to which the user is subjected.
- 1 6. The system of claim 1 wherein the schedule of stress reduction exercises is  
2 modified according to biofeedback from the user during performance of the stress  
3 reduction exercises.
- 1 7. The system of claim 1 wherein the schedule of stress reduction exercises is  
2 modified according to biofeedback from the user at times other than during the  
3 performance of the stress reduction exercises.
- 1 8. The system of claim 1 wherein the schedule of stress reduction exercises is  
2 modified according to information input into the computer by the user relating to  
3 personalized stress characteristics of the user.
- 1 9. The system of claim 1 wherein the schedule of stress reduction exercises is  
2 modified according to information input into the computer by the user relating to  
3 personalized stress related history of the user.
- 1 10. The system of claim 1 further comprising a remote server hosting the program.

1 11. The system of claim 10 wherein the program is downloaded by the user from the  
2 remote server via the computer network and is run on the computer.

1 12. The system of claim 10 wherein the program is run directly from the remote  
2 server via the network.

1 13. A method of reducing stress using a computer network comprising:  
2 inputting personal stress factors relating to a user through a user's client  
3 computer coupled to the computer network;  
4 receiving body stress signals from the user through the user's client computer;  
5 and  
6 generating a schedule of stress reducing exercises personalized to the user and  
7 to be performed by the user based on the personal stress factors relating to the user.

1 14. The method of claim 13 further comprising monitoring compliance by the user  
2 with the schedule of stress reduction exercises on the user's client computer.

1 15. The method of claim 14 further comprising modifying the schedule of stress  
2 reduction exercises according to the compliance of the user with the schedule.

1 16. The method of claim 13 further comprising modifying the schedule of stress  
2 reduction exercises according to the performance of the user in the stress reduction  
3 exercises.

1 17. The method of claim 13 further comprising modifying the schedule of stress  
2 reduction exercises according to situational events to which the user is subjected.

1 18. The method of claim 13 further comprising modifying the schedule of stress  
2 reduction exercises according to biofeedback from the user during performance of the  
3 stress reduction exercises.

1 19. The method of claim 13 further comprising modifying the schedule of stress  
2 reduction exercises according to biofeedback from the user at times other than during  
3 the performance of the stress reduction exercises.

1 20. The method of claim 13 further comprising modifying the schedule of stress  
2 reduction exercises according to information input into the computer by the user relating  
3 to personalized stress characteristics of the user.

1 21. The method of claim 13 further comprising modifying the schedule of stress  
2 reduction exercises according to information input into the computer by the user relating  
3 to personalized stress related history of the user.

1 22. The method of claim 13 wherein the schedule of stress reducing exercises  
2 personalized to the user is generated on a remote server coupled through the computer  
3 network to the user's client computer.

1 23. The method of claim 13 wherein the schedule of stress reducing exercises  
2 personalized to the user is generated on the user's client computer.

1 24. The method of claim 14 wherein monitoring compliance by the user with the  
2 schedule of stress reduction exercises on the user's client computer is performed on a  
3 remote server via the computer network.

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